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**Published Monthly by  
Heart River Voice, Inc.**  
PO Box 2117  
Dickinson, ND 58602

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## A note to our readers

We are celebrating a full five years of Heart River Voice! Time has flown by, and I couldn't be more grateful for our incredibly dedicated Advisory Board, web developer, graphic designer, printer, artists and community of contributors. And *thank you* to our advertisers!

Working on this paper has broadened our horizons through the people we meet and the subjects we encounter. It couldn't be more gratifying.

Here's to a brilliant 2024!

**Kelley Jilek**  
*Publisher*

A simple celebration of the fifth anniversary edition of *Heart River Voice!*



## Happy, healthy New Year!



Make this your year to thrive. Take a proactive approach by scheduling preventive screenings and wellness exams early in the year. Enjoy peace of mind knowing you've headed off any potential issues by prioritizing your fitness. Our care team is here for your healthiest 2024!

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*Happy*  
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"The New Year has arrived, may your fears fade away, your strength grow and your dreams come true."  
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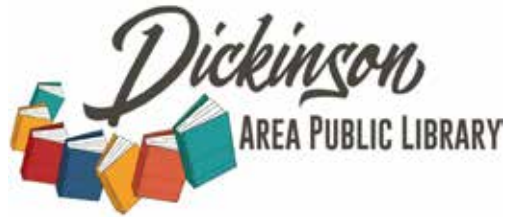
## #BOOKWORM

## Winter Reading Program and more!

By Library Staff

January is a planning month for us, which means there is a pause in our regular programming. However, we do still have some fun things going on for the month, and we would love for you to join us!

Get ready to log all your winter reading with our Winter Reading Challenge



on Beanstack! The program will start January 1st and end March 1st. As always, this program is free and open to all ages birth through adult. If you've participated before you already know how logging works and how easy it is. If you've never participated, logging is quick and simple thanks to Beanstack. The process is elementary: log your minutes (or activities if you're between ages 0-5) to earn badges and tickets. The tickets can be allocated to the grand prize(s) of your choosing. We will also have a coloring contest! Grand prizes and coloring contest winners will be announced on Friday, March 8th at our Cookies & Cocoa Party.

There is also a second reading challenge that you can participate in! From January 1st to January 31st, we are participating in "Where We Come From," a Winter Reading Challenge sponsored by Beanstack and Lerner. You can log reading, activities, and more to earn badges in this special reading challenge. Thousands of other libraries and schools across the nation are joining in too, for a chance at winning cash prizes for their community. This challenge is open to all ages, but only for the month of January.

Starting January 2nd and ending February 3rd, My Golden Valentine will be taking place. This program is all about making Valentine's Day a happy one for seniors in our area. Make your own card, buy an extra one, or just write a note to let them know they are thought of and matter. We will also have a couple valentine card making stations so people of all ages can make cards. All cards we receive will be donated to local nursing homes and assisted living facilities in

Dickinson.

We have some things happening in February we would like to give you a head's up on too! On Saturday February 3rd at 1pm, Erik, a rare book dealer and owner of Erik's Books in Dickinson, will be presenting a Rare and Antique Book Workshop! Learn more about buying and selling rare and antique

books through hands-on presentations and fun interactive group activities. Gain resources to further your knowledge of rare books! This event is geared to adults, but anyone is welcome.

We have a new program starting in February called How to Art! Unleash your imagination through art workshops focusing on different media and foundational skills. These workshops are geared toward beginners ages 13+. The first art workshop will be on February 20th at 6pm and will focus on Watercolor. Sign-up is required for this program and registration will open on February 6th.

One thing we would like to announce is that in the near future we will be adding a Spanish language materials section in our Children's Fiction area, based on multiple requests from the community. This section will include some nonfiction materials, easy books, and some chapter books, all for children. The section will be located to the right of the teen computers, under the windows on the east side of the basement. If you need any help locating these materials, please feel free to ask.

We'd also like to highlight a new service we have available for patrons. Dickinson Area Public Library patrons now have access to Kanopy, a streaming service for movies, documentaries, classic cinema, independent films, and educational videos. Kanopy offers ad-free streaming that can be enjoyed on your TV, mobile phones, tablets and online. All you need to use it is a valid library card, and it's free for you to enjoy. There is also Kanopy Kids, which is their collection of movies and shows for kids available in public libraries only. Your public library offers unlimited

plays in Kanopy Kids, so your kids are free to explore enriching, educational and entertaining films and TV series. If you need any help setting up Kanopy, please see library staff and we would be happy to assist you. For more information, go to our website at [dickinsonlibrary.org](http://dickinsonlibrary.org)

and click on Research Tools, then Online Resources, then Kanopy.

We hope to see you around the library this January. Have fun doing your reading or activities for the Winter Reading Program! Regular programs will start up again in February. See you soon! ■



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**COVER ARTIST****Celebrating local artistry:  
Thank you, North Dakota artists!**

In our little corner of North Dakota, our community has been graced throughout the last five years with the vibrant and diverse artwork of North Dakota talents. These artists have generously shared their creativity to adorn the covers of Heart River Voice, adding a unique and colorful touch to each edition.

From the picturesque landscapes to abstract expressions of emotion, the talent showcased by North Dakota artists reflects the rich tapestry of our state's artistic spirit. Their work not only captures the essence of our state but also serves as a visual testament to the depth and diversity of artistic expression that thrives within our midst.

As we look back through the five years of Heart River Voice covers, we are greeted by these captivating visuals that tell stories, evoke emotions, and celebrate the beauty that surrounds us. Behind each stroke of the brush, there lies a dedicated artist contributing to the cultural wealth of North Dakota.

On behalf of our community, we extend our heartfelt gratitude to these artists who have shared their visions with us throughout the years. Your creativity has not only enhanced the visual appeal of our newspaper but has also connected us on a deeper level, fostering a sense of shared identity and appreciation for the arts.

In recognizing the talents of our "local" artists, we acknowledge the importance of supporting and nurturing

the arts within our community. Their contributions extend beyond the pages of our newspaper, reaching into the fabric of our daily lives, sparking conversations, and inspiring us to see the world through a different lens.

As we express our thanks, let us also look forward to another year of artistic brilliance, where North Dakota's creative minds continue to enrich our community, one masterpiece at a time. Cheers to our talented artists, and here's to the art that binds us together!

**Call for Artists**

Attention North Dakota Artists! Showcase your talent on the cover of Heart River Voice! We're seeking diverse artists to feature and celebrate the rich artistic talent of North Dakota.

**Submission Guidelines:**

- Submit your colorful artwork!
- Include a brief (300 words or less) bio highlighting your artistic journey.
- Send high-resolution images of your artwork and/or you, your family, you creating, etc.

**Deadline:** Anytime, but the 1st of each month would be best.

Selected artists will not only grace our cover but also receive exposure to our wide readership. Let's paint a vibrant picture of North Dakota's creativity! Submit your entries to [kelley@thejileks.com](mailto:kelley@thejileks.com) and be part of this exciting showcase. ■



Heart River Voice 2023 cover art

HEART RIVER VOICE WISHES YOU ALL THE BEST IN 2024

*Happy New Year!*

## THE ARTS

## Unveiling the Magic: DPS Foundation, Inc. Mystery Dinner Theatre

The Dickinson Public Schools Foundation, Inc. has a long history supporting education in the Dickinson community. Beyond traditional fundraising efforts, the foundation has embraced creativity and community engagement through its annual Mystery Dinner Theaters. These events have become a staple in the local calendar, blending entertainment and philanthropy in a unique and exciting way.

The DPSF Mystery Dinner Theaters are not your typical fundraisers. Instead of traditional galas or silent auctions, the foundation has opted for an immersive and entertaining experience that captures the imagination of attendees. Not only do guests get to enjoy a captivating performance, but they also indulge in a delectable dining experience. The mystery continues to unfold throughout the dinner as guests try to earn the "Sleuth Award" by solving the crime.

Each year, the Foundation collaborates with local talent to craft a one-of-a-kind theatrical production. The productions are designed to be interactive, allowing the audience to become part of the

unfolding mystery. Every year a unique theme encourages guests to participate in the fun by dressing up and getting into character. This year will surely be another one for the memory books with "Murder at the Bachelorette Party."

While the mystery dinner theaters provide an unforgettable experience for attendees, the event also raises funds for the Dickinson Public Schools Foundation, Inc. These funds contribute to various educational initiatives and programs that enrich the learning experience for students in the Dickinson public school district. Most importantly, these mystery dinner theaters are more than just a night of entertainment; they are a testament to the power of community involvement. Local businesses, sponsors, and volunteers come together to make each event a success.

This year's mystery dinner theater is February 8-10, 2024. Tickets go on sale January 12 from 5:00 – 8:00 p.m. at Roosevelt Grand Dakota Lodge. ■



## NDSU EXTENSION

## Design your Succession Plan

How will your family farm or ranch business operate in the future when the owner retires or is gone? Are you currently working with another generation who may be questioning their role in the future of the farm or ranch business or are you yourself questioning your current role?

More than 80 percent of farm and ranch families hope to pass the family farm or ranch on to the next generation, but research shows only 30 percent of family farms and ranches survive to the second generation, and only 12 percent survive to the third generation. A successful transition to the next generation takes careful planning.

To help farm and ranch families start their succession planning process, the North Dakota State University Extension Service has developed a program, Design Your Succession Plan. This program will provide tools and resources for producers who want to begin the succession planning process.

Participants will have an opportunity to open the lines of communication



with family to create a shared vision for the family business. They will also learn to choose and work with professionals such as attorneys, accountants, lenders, insurance agents and tax experts to construct a plan and documents that put the family's vision into action.

"The program will prepare you to envision, communicate, plan, write and shape the legacy of your family farm or ranch business, as well as save hundreds of dollars by completing these crucial planning steps before visiting with professionals," said Kurt Froelich, NDSU Stark-Billings County Agent

Locally the program will be offered as 3 evening courses in Dickinson ND at the Stark County Family Ag and Resource Campus, Dakota Room. The program will run from 5:30 to 9:00pm January 9, 11 and 15. A light supper will be provided at 5:30 pm. Participants should attend all 3 evenings. Please contact the Extension office for more information at 701-456-7665 or email [kurt.froelich@ndsu.edu](mailto:kurt.froelich@ndsu.edu) or [Ashley.ueckert@ndsu.edu](mailto:Ashley.ueckert@ndsu.edu) ■

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## THE ARTS

## A generous gift for SWAGSC

By Cherie Roshau

Southwest Art Gallery and Science Center (SWAGSC) has found a home filled within the spirit of charity and community. Brad and Brenda Fong generously have played the role of holiday benefactors, purchasing the former Dickinson City Hall on behalf of SWAGSC. This acquisition marks the establishment of the first-ever science and art center for the southwest region of North Dakota. The Fongs have agreed to allow SWAGSC five years to purchase the building from them.

Southwest Art Gallery and Science Center is an inspiration for creativity and exploration. At its core, SWAGSC is founded on the understanding that encourages creativity in a holistic learning space where art and science meet, igniting curiosity, nurturing creativity and stimulating intellectual growth. SWAGSC is ready to become a focus of creativity, where art and science converge to provide a holistic approach to learning and discovery.

One of the guiding principles of SWAGSC is active collaboration with community partners. SWAGSC aims to bring together artists, scientists, educators, and the community to create a positive nucleus of learning. Through engaging with the community, SWAGSC will become a means for understanding and shared experiences.



Southwest Art Gallery and Science Center is embarking on a capital campaign. Their goal is to raise \$3.1 million to fund the purchase and construction to transform the old city hall building into the new home of the SWAGSC. Your support will allow SWAGSC to equip it with state-of-the-art resources and establish sustainable programming for years to come.

As the SWAGSC board unwrapped the Christmas gift of this new cultural and educational hub, they celebrated not only the transformation of the former Dickinson City Hall but also the transformation of a vision into reality. Southwest Art Gallery and Science Center invites you to join them on this enchanting journey of exploration and discovery – a journey that promises to illuminate the hearts and minds of the southwest region of North Dakota for generations to come.

You can contact us at [swartandscience@gmail.com](mailto:swartandscience@gmail.com) or visit our website [www.swartandscience.org](http://www.swartandscience.org). ■



## COMMUNITY

## Celebrating tradition together

Come join us for an annual Dickinson tradition. This year we celebrate our 60th anniversary of Trinity Mardi Gras on January 26th, 27th and 28th!

Our theme is “Tradition and Togetherness” to invoke the memories made in the Mardi Gras’s of the past, and as a catalyst to continue strong tradition into the future. When reminiscing with alumni we discovered how this event began: a way to fundraise for the school but more importantly as an event to bring rural families together during the cold winter months. That spirit of togetherness inspired many families to not only participate in Mardi Gras but also volunteer. This aspect of our past and present has always been an inspiring facet to observe over the years. This event, this machine, is so very complex and each piece is so important. Everywhere you look on Mardi Gras weekend, people participate in this altruistic endeavor to create the success that we see every year.

Get ready for this year’s event by purchasing a raffle ticket! Among the prizes are a Traeger Pellet Grill, \$1500 cash, and a 2024 Toyota Corolla. Enjoy some time with family and friends on the midway or playing some BINGO. Saturday evening, come out and listen to “Surf’s Up” a “Beach Boys” tribute band or Sunday afternoon catch a matinee



movie of “Super Mario Bros”. As always, it promises something for everyone. A fan favorite is the Fish, Sausage & Dumpling on Friday night. For Saturday’s meal, let us take you back to Grandma’s house for a feast of cabbage rolls and pork shank. We will close Sunday off with our traditional deep-fried turkey and roast beef.

Please see the back cover of this edition of Heart River Voice for our full schedule.

It is with grateful hearts, that we welcome you to the 60th annual Trinity Mardi Gras. We are excited for the lasting memories that will be made *together*. ■



## ADVERTISE WITH US

Heart River Voice is supported by small and large businesses and non-profits who purchase advertising. Your support in this effort is greatly appreciated.

Contact Kelley Jilek at 701.290.2063 or email [kelly@heartrivervoic.com](mailto:kelly@heartrivervoic.com)

## COMMUNITY

## Power of 100 Women splits \$20,600 between two charities

Power of 100 Women Dickinson, a local charitable group, met on October 23 to review four charities selected by their members to consider for their 29th quarterly donation. This is the 16th time Power of 100 Women will split their donations between two charities. Of the over two dozen charities reviewed, members invited four of the charities to make presentations at the general membership meeting. Members voted to make a change for the year 2024 and will be selecting one charity to support at each of the 4 meetings in 2024.

Western ND Honor Flight, one of the charities voted for in October, provides trips for veterans to Washington, DC at no expense to the veterans. The mission of Honor Flight is to celebrate America's veterans by inviting them to share in a day of honor at our nation's memorials. Veterans of World War II, the Korean Conflict and the Vietnam War have the



Irene Schafer, Brian Benesh, Val Decker, Shirley Dukart, Vicky Steiner and Diane Duchscher

opportunity to take this trip.

Little Buddy Foundation, one of the charities voted for in October, provides for prosthetics or gap expenses for amputees. Little Buddy Foundation has helped at least one child in need of a prosthetic each year. The Foundation has provided prosthetics to 12 kids in five



Irene Schafer, Greg Pruitt, Jordan Selinger and Shirley Dukart

years either with funding or helping with services when insurance doesn't pay.

Power of 100 Women Dickinson expanded the area for nominations from 501c3 charities to a 50-mile radius of Dickinson. Members have the opportunity to submit charities for consideration at each meeting. Women in Dickinson and the surrounding area are invited to be a part of this group. Those interested can contact Shirley Dukart (701-290-2283) or Irene Schafer (701-290-3222) for additional information and a membership application.

Power of 100 Women's next meeting is scheduled for January 22, 2024 at the Dickinson Eagles Club. Prospective new members and guests are always welcome. No dues and no charge to attend. ■



Daycare Center in Medora has full and part time openings for children 6 weeks to 12 years. Teddy's Cubhouse is the perfect place for children to have fun in a safe and secure environment.

Daycare hours are Monday through Friday from 7:30am to 5:30pm.

Please call 701-623-4418 or email karenw@medora.com with any questions and to get your child registered.

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**VOICING SOME THOUGHTS**

**Hope springs eternal**

By Nancy Hoff

As another year closes, as we reflect on the victories and failures, the gains and the losses, the ups and downs of all that occurred this past year for us all. I find that, for myself, even in the worst of it... Hope remains.

Careers ending, but another unknown opportunity may be waiting. Hitting rock bottom in a darkest hour, whether an addiction, emotional turmoil or a bothersome issue that plagues one, there may be a change awaiting. A relationship ending – a new chapter may begin. Leaving a beloved home to move into assisted living – surrender to a new peace. An illness or situation that changes your life – a new adaption can be made. A devastating tornado or flood may have destroyed homes, but the courage to carry on is there. Even those suffering in war-torn Ukraine or Gaza – they focus on the day they may return home.

We humans are magnificently resilient. Even at the darkest corner of despair, when all light is absent, and we are at a loss what to do. There is the strength greater than ourselves, from deep inside us, which wells up, just as a mountain spring, and replenishes us. At the time, things seem bleak, there is no way out. But time and again, we have all witnessed recovery after an initial shock. And sometimes, it leads us to exactly where we are supposed to be. A new beginning, a changed life. The shreds of the fabric of life – only when we are down the road a bit and look back, only then can we see the whole patchworked quilt, the bittersweet but beautiful picture.

A dear heart friend rejoiced having been given a clean bill of health but is



now facing the inevitable passing from this life. She vowed to fight, to remain with her family and this was her goal, her hope. This is no longer possible; she is struggling to accept. Between the ebb and flow of pain that seems like a revolving door, fondness suns her face as she remembers her childhood, young married life and their growing children and working in the soil she loved so much. Sadly, we have lost several friends and relatives this year; the same scenario plays over. The grace of sharing their vibrant memories and love is truly precious.

This is from a reading found at a funeral home:

We are on the shore with our loved one who is boarding a ship to leave us. There is sadness and tears – we do not want to let go. As the ship sails towards the horizon, we are waving goodbye, left with our sorrow and memories. The ship diminishes, smaller and smaller, until it is out of our sight. But, on the other side of the horizon, the ship is sailing towards another shore where all the friends and relatives who have passed before are jubilant, cheering, overjoyed to welcome our loved one home.

Hope springs eternal. May comfort and hope follow you this coming year. ■



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## CONNECT MEDICAL CLINIC

## How to not make a New Year's resolution

By Tara Zettel, Executive Director



Have you made your New Year's Resolutions for 2024?

Please be wary of resolutions stemming from the original thought, "I should..." i.e. "I should read more." "I should work out." "I should go to bed earlier." "I should declutter."

Yes, reading, exercise, sleep, and organization are great for a balanced, healthy lifestyle - this is true.

But "should" is a word rooted in comparison, judgment, and measurement. It's a thought-life tape recording that tells you that you aren't enough, someone

else is better than you, or that you would measure up if you'd only do/be/have something.

At Connect Medical, we often encounter patients with regrets and stories of "should haves." Young people share the pressure to be sexually active, feeling like they should give in if their partner is expecting them to. Others come in with feelings of guilt for how they've disappointed themselves and shame for how they believe they've disappointed others, and these negative feelings impact

their mood and decision making.

We encourage our patients, and you in your 2024 Resolutions, to take a different approach. Rerecord the tape of your thought-life, and stop "shoulding" yourself!

1. Identify the "should" and ask yourself, says who? Who planted that "should seed," and what was their motivation?

2. Then ask yourself, how important actually is this "should" to me? The aforementioned "shoulds" (reading, exercise, and sleep) were good things. But so are the numerous other activities you do every day!

3. When you decide the "should" is valued above something currently taking your time (for example, you decide sleep is more important to you right now than scrolling on Instagram), change the tape!

4. Instead of should-thoughts, tell yourself, "I want to get more sleep", and then tell ll yourself why. i.e. "I want to get more sleep because I enjoy my day more when I'm well rested. I like the energy boost from a good night's sleep and my mental clarity through the day."

The bottom line is you deserve a



Tara Zettel

healthy, peaceful life just because you exist. You deserve good things and to care for yourself, not because you haven't measured up to some ideal, but simply because you are alive and created for a unique purpose.

So, instead of making resolutions from a place of guilt and self-judgment, remind yourself of your inherent worth and make decisions that serve your one unique, beautiful life. ■

## VOICING SOME THOUGHTS

## Voicing a New Year's publication anniversary toast

By Anonymous

A glass of gladness I can raise,  
Along with all the rest,  
To the efforts of those who heeded the  
call,  
For providing news at its best.

It's hard to believe five years have  
passed,  
Since first sitting at the table,  
Meeting those contributing staff,  
Who assured Heart River Voice was  
enabled.

This good news compendium of  
Local Events, Accomplishments, and  
Recognition,  
Has seen all our articles, columns and  
reviews  
Come to impressive fruition.

The publication steadily grew,  
In focus, size and color;  
Flourishing through an editor-  
publisher,  
Who took to the helm like no other.

Joined by experts  
who could craft  
A layout of heart  
and soul,  
They fit and  
designed the  
many elements  
That helped us reach our goal:

To illuminate and entertain,  
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Through contributing authors and  
artists,  
Who have our community at their  
center.

Well-deserved kudos, and congrats  
Are offered to you galore  
As your volunteerism and genius  
Continues through 2024!

*Editor's note: Thank you to the anonymous author of this toast. A very sweet gesture indeed! ■*



## The 30-Day Multivitamin Challenge

Irsfeld Pharmacy's New Year's resolution is to help steer you towards better health. Our commitment to doing this is two-fold.



First we are offering 25% OFF selected multivitamins at our pharmacy, this is a benefit for our patients who currently take these multivitamins but also may entice you to make an investment to better your health.

The second part of this commitment is called the 30-Day Multivitamin Challenge. Just what does that mean?

We are offering selected multivitamins, the same ones that are 25% OFF, with a money back guarantee. If you take one of these multivitamins for 30 days and do not feel that it has improved how you feel, bring back the empty bottle and we will give you a full refund on your purchase price.

25% off  
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## FINANCIAL FOCUS®

# New Year's financial resolutions

Now that we've reached 2024, you might be thinking about your goals and hopes for the new year. But in addition to whatever personal resolutions you might make — volunteering, going to the gym more, learning a new language and others — why not make some financial resolutions, too?

Here are a few to consider:

- **Boost your retirement savings.** If you can afford it, try to increase your contributions to your IRA and 401(k) or similar employer-sponsored retirement plan. The more you put away in these accounts, the greater your chances of reaching your retirement goals. At a minimum, contribute enough to your 401(k) to earn your employer's match, if one is offered. And whenever your salary goes up, consider raising the amount you put in to your 401(k).

- **Reduce your debts.** It's not always easy to reduce your debts — but it's worth the effort. The lower your debt load, the greater your monthly cash flow. So, look for ways to consolidate debts or find other, possibly more productive, ways of using credit. And if you truly can't afford something that's nonessential, don't go into debt for it. "Live within your means" is an old piece

of advice, but it's just as valid now as ever.

- **Build an emergency fund.** If you suddenly needed a major home or car repair, or received a large medical bill not fully covered by insurance, would you have the funds available? If not, you might be forced to dip into your retirement accounts or other long-term investments. To avoid this possibility, try to build an emergency fund containing several months' worth of living expenses, with the money kept in a liquid, low-risk account that's separate from the ones you use to meet your daily expenses. It can take a while to build such a fund, but if you make it a priority and contribute regular amounts each month, you can make good progress.

- **Avoid emotional decisions.** Too many people overreact to events in the financial markets because they let their emotions get the better of them. If the market is temporarily down, it doesn't mean you need to sell investments to "cut your losses" — especially if these investments still have good fundamentals and are still appropriate for your portfolio. It can be hard to ignore market volatility, but you'll be better off if you focus on the long term

and continue following an investment strategy that's designed to meet your needs.

- **Review your goals.** Over time, your goals may have changed. For example, while you once might have wanted to retire early, and planned for it, you may now find that you'd like to work a few more years. If that's the case, you may also need to adjust your financial and investment strategies.

- **Revisit your estate plans.** If you've married, divorced, remarried or added

children to your family within the past few years, you may need to review the account titling and beneficiary designations on your 401(k) and other retirement assets, along with your estate-planning documents, such as your will or living trust. You might also need to revise these documents in other ways.

Of course, you may not be able to tackle all these resolutions at one time, but if you can work at them throughout the year, you can potentially brighten your financial outlook in 2024 — and beyond.

*This article was written by Edward Jones for use by your local Edward Jones Financial Advisor, Marlene Bradbury, Edward Jones, Member SIPC ■*

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## LESSONS IN BUSINESS

# Modify your mindset

By Debora Dragseth, P.D.

Welcome to a special column where Lexi Puev, a senior exercise science major at Dickinson State University, shares her insights and experiences.

Lexi Puev hosts a blog titled "Modify Your Mindset." The blog is an inspirational compilation of experiences, insights, and advice from a young woman who has pursued her passions throughout her life. Originally from Lincoln, Nebraska, Lexi moved to Cheyenne, Wyoming in her early teens, graduating from Central High School in 2021. The 21-year-old's journey then brought her to Dickinson State University, where she received a volleyball scholarship and was accepted into the Theodore Roosevelt Honors Leadership Program.

Lexi helped her high school team reach the Wyoming state championship for the first time in a decade. Volleyball taught her discipline, dedication, and resilience. She envisions herself coaching in the future, eager to pass on the life lessons she has learned in the sport.

Over six summers, she volunteered at the Cheyenne Therapeutic Equestrian

Center, assisting in therapy sessions with special needs children. Lexi's personal mission statement, "to inspire and support everyone around me to reach their goals," reflects her dedication to helping others.

Lexi believes a good leader should exhibit self-discipline, open-mindedness, consideration, and passion. She describes her leadership style as a blend of visionary and coaching approaches, integrating forward-thinking with nurturing and motivational qualities.

Lexi draws inspiration from Theodore Roosevelt and University of Nebraska volleyball coach John Cook. She had the opportunity to meet Cook at a volleyball camp she attended. "At camp, he instantly became one of my leadership role models. Cook has a lot of self-discipline and passion. He thrives at being considerate yet firm with his players and you can see that he cares about them. His modesty made an impact on me. Everyone knows him as one of the best volleyball coaches in the country, yet he cares as if it were his first year coaching; he is always trying to be better." She advises others to look for role models with qualities they admire

and aspire to emulate. "Like Cook, I aspire to be humble when needed and stay composed in stressful situations."

Lexi warns against certain "dangerous leadership behaviors" that can undermine effective leadership, such as a lack of accountability and poor communication.

Lexi offers the following advice:

1. Modify your mindset for positive change; believe in the transformative power of positive thinking.

"Notice when you are giving yourself a negative thought and flip it right away."

2. Set small, achievable goals. "When I was a college freshman, I was lost. I didn't leave time for me. I made small goals and wrote them on my mirror. Now, as a college senior, I feel so much happier."

3. Encourage yourself. Give yourself at least one compliment every day. "Sometimes there is no one around to compliment you, so why not compliment yourself? This is especially important in the morning. Compliment yourself on getting up with the first ring of the alarm. Set yourself up for a good day."



4. Surround yourself with supportive people. "You are going to need people for both the good and the bad days."

5. Use your mindset-modifying tools to inspire others. "Lead by example. I am an athlete so I know that one person's attitude can impact the attitude of others on the team."

Lexi's message is clear: modify your mindset, lead by example, and make a positive impact on those around you.

Debora Dragseth, Ph.D., is the Baker Boy Professor of Leadership at Dickinson State University. Her monthly column offers practical solutions to common workplace issues. ■

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## CHAMBER OF COMMERCE

## 2024 Professional Development preview

By Carter Fong,  
Executive Director

The year 2024 has arrived, along with the personal and professional New Year's Resolutions that many of us will set. For professional goal setting, look no further than the Dickinson Area Chamber, as we're ready to roll out a full year of programming for business leaders of all ages!

Leading off is Leadership Dickinson, our program for twelve high school seniors exploring all sectors of the local economy. This program began with Kari Shea and Rich Wardner in the 1990s and is now led by City Commissioner Suzi Sobolik. She is joined by Bridget Bullinger of Home and Land Company, Courtney Pankowski of IXOM and Tyrel Brown of Blue 42.

Meanwhile, the Chamber is planning



to partner with Dickinson's youngest entrepreneurs and their families to "Brand a Stand", tentatively Saturday July 27th. Prior versions of this event focused on lemonade, but this year we are inviting our youth to expand their menu with creative new ideas!

Develop Dickinson, led by Kari Dunn of Bravera Bank and her team of volunteers, will continue quarterly programming with winter and spring events. This committee is also responsible for the third annual Corporate Cup in the summer of 2024, and the return of the Women's Leadership Summit in the fall.

With the help of our co-hosts at the Dickinson Area Public Library, we've built monthly "Lunch and Learn" sessions to fill all the remaining gaps in our calendar with professional development on the fourth Thursday of each month. Shawn Benz of Marco and Alex Schwab of Brady Martz will team up to deliver "The Business Benefits of Outsourcing" on Thursday, January 25th beginning at 11:30AM. With Marco as our lunch sponsor, registration is FREE and available to the first 50 attendees. Plan to join us for food, fellowship and great information on an important topic!

Finally, we're always looking for volunteers who want to help shape professional development offerings in our community. Join our regular committee meeting at noon on the second Thursday of the month, or call the Chamber for more information at 701-225-5115. ■

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**KUDOS**

# Magdalene Hanel

*"Art is everything. Everything is Art"*  
~ Raven Macabre



Magdalene Hanel

Magdalene Hanel has been drawing ever since she can remember. Her journey with art started with getting her first drawing tablet when she was about 11. Inspired by colorful things and backgrounds, she took a few traditional media classes in middle school. Magdalene settled into developing digital art after watching YouTube videos and under the guidance of her foster brother who introduced her to the Procreate App, shading and composition.

"A New Friend" is a digital piece that Magdalene entered into the 2023 Badlands Art Association show as an

amateur artist. Inspiration for the piece was a transcontinental relationship between her boyfriend and their friend living in Germany. Through art, Magdalene wanted to create a piece that spoke to friendships stretching bounds. Our art show judges concurred as they were immediately drawn not only to the colors but to the sense of new friendships. So much so that the piece was selected as our Emerging Woman Artist Award in the Amateur Category.

We congratulate Magdalene on her talent and the award. We look forward to seeing new pieces from her in the future!



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## HEALTH

## Supplements for the little ones

By Steve Irsfeld

We are so blessed to have such a kind and knowledgeable patient population who are willing to share their knowledge to better help the greater community. Every day patients educate us about what they are doing in regard to promoting and improving their health. A recent question was asked about a two-month-old child and if they needed to be on any specific supplements. The subject of supplements for these little ones is near and dear to my heart as I have two small granddaughters the older one is highly

Breastfeeding is universally recommended up to 6 months of age and longer if possible. Every mother/baby relationship is different, affecting how long a mother can breastfeed. Ensure that the mother is eating a balanced diet, including one rich in Omega 3 fatty acids or fish oil.

DHA or docosahexaenoic acid is an active form of Omega 3 and comprises 40% of polyunsaturated fatty acids in the brain and 60% in the retina, so we know these are hugely important in children's early development.



offended when I refer to her as "small fry". She thinks she is a "big fry".

When presented with the patient's question, I responded with a question and asked, "Was your child born via C-section or vaginally"? The answer to my question was that their child was born via C-section. C-section is an abbreviation for birth that occurs from a surgical procedure called a cesarean section. You may be wondering why that makes a difference. In a vaginal birth, the baby enters the world via the birth canal. The canal is populated with bacteria from the mother and is a source of bacteria for the newborn. Studies show that children born via C-section are more prone to chronic health problems, including asthma and obesity.

So is bacteria a bad thing to be giving a newborn? We need bacteria in and on our bodies as part of our natural flora. Bacteria in our gastrointestinal system helps with digestion and in the formation of specific vitamins and nutrients. Balance is the key to bacteria as we have both good and bad bacteria, but they can co-exist when kept in a harmonious balance. When the gut is out of balance, we run into problems, the most common being loose stools and diarrhea.

Most infant forms of probiotics include strains from the Bifidobacterium and Lactobacillus families of probiotics. Probiotics may be an option for newborns with gut issues or born via C-section but should be discussed with a pediatrician in children less than six months.

Women wanting to become pregnant or when breastfeeding should eat foods high in omega-3 fatty acids. The recommendation would be to get 300mg of DHA from diet or through supplementation. Infant dosing of omega-3 fatty acids is weight-based.

The last recommendation for infant supplementation is vitamin D3. If you routinely read this article, you will know that from September to April, I recommend vitamin D for everyone, and that is due to the lack of potency of our sun and our skin's ability to make vitamin D by this exposure. Another factor affecting vitamin D is the use of sunscreens on babies. Sunscreen blocks the UV rays from making Vitamin D in our skin.

Breast milk alone does not provide infants with adequate amounts of Vitamin D. To avoid developing a vitamin D deficiency, the American Academy of Pediatrics Dietary Guidelines recommend that breastfed infants supplement with 400 IU per day vitamin D beginning in the first few days of life.

These are all thoughts and ideas that should be discussed with your health care provider.

If you would like more information on specific supplements for infants and children, call the pharmacy @ 701-483-4858 or stop in and visit with us to answer any questions. Please visit my website at [www.irsfeldpharmacy.com](http://www.irsfeldpharmacy.com) to find articles in the blog section. Until next time, be vigilant about your health! ■



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# DICKINSON MUSEUM CENTER

## Who Let the Cat Out? Down a Rabbit Hole...an Early Dickinson Drug Store & Alaskan Gold

By Bob Fuhrman

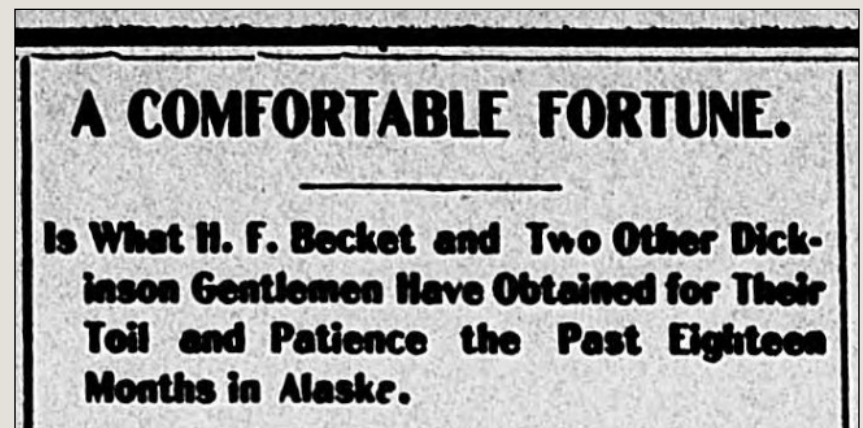
In 1900 a fellow named Alfred Monteville Pomroy came to Dickinson from Minnesota to work as a druggist in the store owned by Dr. H. A. Davis. Pomroy and his family lived quietly in Dickinson for ten years before moving to Washington State and his local residency might have gone largely unnoticed except for his name regularly appearing in numerous Dickinson Press advertisements in the local columns after he went into partnership with Welton McDonald in 1903, that firm going by 'McDonald & Pomroy.' The partnership was dissolved in 1908 when Pomroy decided to pursue his passion for photography and opened a studio in partnership with E. K. Leonard on Barnes Street, near the McDonald

Block. That business was sold the next year and Pomroy then opened his own drug store, that venture failing in a very short time.

During Pomroy's tenure with Dr. Davis and then continuing with his McDonald partnership both firms prominently carried Kodak cameras and supplies which Pomroy himself may have suggested be stocked as it came out that he was a bit of camera bug himself. In 1904 he'd actually taken photos for the notorious Ole Ziner murder case, visiting the crime scene with the coroner, Sheriff Goodall and his former boss, Dr. Davis, who examined the body which Pomroy photographed. When the accused killer B. K. Climie came to trial Pomroy was called upon to testify.

But beyond the prominence of his association with McDonald, and the Climie trial, Pomroy generally maintained a low profile – except in April 1907 when he placed a notice in the Press:

In the spring the Tom cat's fancy lightly turns to thoughts of – other things than home. Consequently, I offer a reward of \$5 for the return of one white and brown Tom cat to my ranch on Barnes Street. Aforesaid cat may be easily identified by the absence of the greater part of one ear which he generously loaned



to a friend last winter. Deliver the goods and get the reward. No questions will be asked. No substitute accepted. A. M. Pomroy.

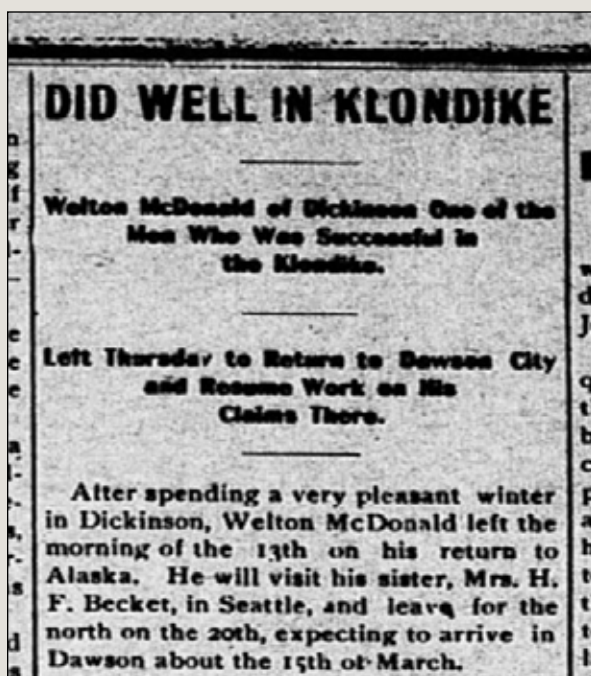
And that's it – no other insights into the man (who seemed gifted with a sense of humor) come down to us and A. M. Pomroy quietly departed for Washington State before the end of 1909, his family following early the next year.

While more information on Pomroy proved elusive, researching his time here and the fate of his cat (sadly, never revealed) opened up the history of a long-time drug store and some of Dickinson's gold rush adventurers.

Located on Sims Street, the drug store Pomroy joined in 1900 was originally owned by Dr. John B. McDonald, a Scotsman who graduated from Harvard Medical School in 1865 and eventually came to Dickinson via Canada sometime before 1885. Though his original store burned in February 1885, Dr. McDonald persevered, continuing his practice and rebuilding his store.

In 1889 McDonald's 21-year-old son Welton, along with Charles Merry, purchased his father's store, continuing the business as 'Merry & McDonald' while the senior McDonald left in mid-1890 for Centralia, Washington, seeking a climate kinder to his health and establishing a new practice.

After his father left Dickinson Welton McDonald worked with Merry until January 1894 when he bought out his partner's interest and operated as a sole proprietor. Nine months later McDonald sold his stock and store to Dr. Davis and H. W. Drenkel who operated as 'Drenkel & Davis.' Sometime during the next three years McDonald appears to have worked for Drenkel & Davis as a pharmacist as he posted a notice in January 1897 that he would no longer "be at their service after" February 1st. The next week it was announced that A. B. Robinson would close his own drug store on February 1st to take a position with Drenkel & Davis, presumably as



*Continued, next page*



Continued from page 16

their pharmacist.

With things in the Dickinson pharmaceutical world settling down the Press reported on February 27 that Welton McDonald was leaving for Seattle for a week's visit and then sailing on to the Alaskan gold fields with two companions, H. F. Becket and Smith

which (he) carried \$1,500 in gold" over \$55,000 today).

A few months later McDonald's companion H. F. Becket, "an old prospector" who had 22 months in Alaska before the 1897 trip, wrote home telling his family that the prospects of acquiring wealth in Alaska "are all right" and that Welton McDonald "is proving a good

hoped the climate would better serve his health). The article also reported that the Becket Party were more than a tad entrepreneurial – the year before they had bought a lot on the outskirts of Dawson for \$200, erecting a 16 x 20 log cabin. One year later Dawson had grown out past the cabin which was then valued at \$2000. The party also had the foresight to bring a stock of general supplies – drugs, cigars, tobacco and provisions, about 6,000 pounds in all – and realized a good profit selling what they did not need. Lastly, the Party's dog team – "worthless dogs picked up in the streets of Dickinson" – sold for \$500!

Along with the successes reported, the hardship of living and working in the extremes of Alaska's climate were also recounted as was the price of food which experienced wide and wild inflationary swings: A chicken dinner in Dawson in August '98, when the first poultry was taken in, cost \$15" – that would be \$555 today.

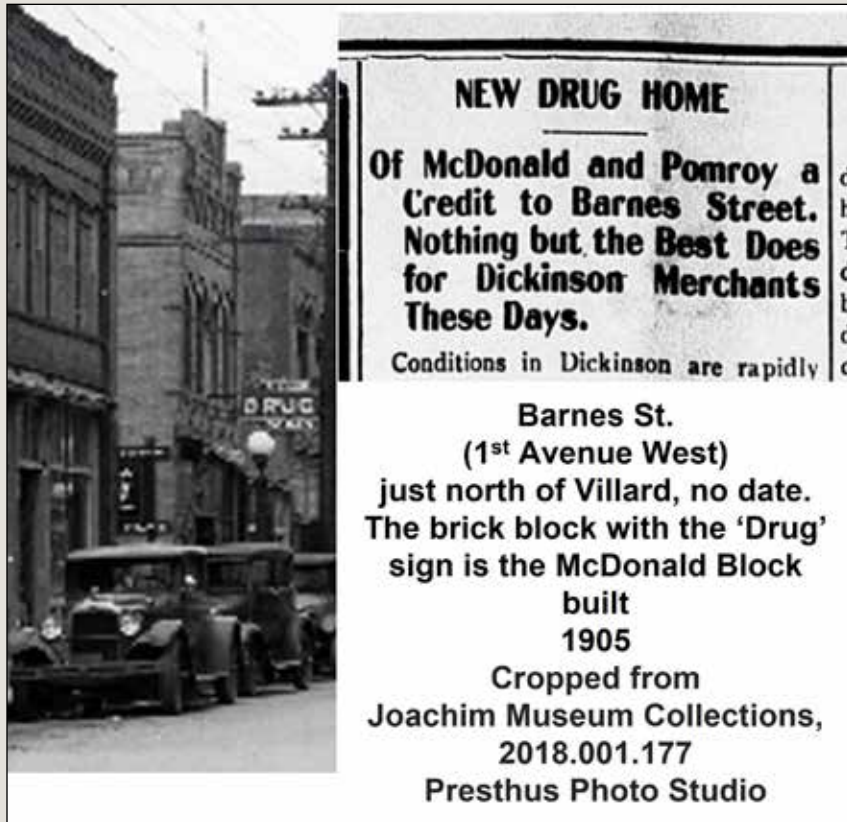
In October 1899 Welton journeyed down to Washington to visit his father who was suffering from tuberculosis before returning to Alaska. In August 1900 he finally returned to Dickinson after a 3 ½ year absence, the Press noting "Mr. McDonald does not state just what he has made but says he did not go in with great expectations and has done better than he expected and is satisfied" as well as mentioning that Dr. McDonald, still in Washington, "is in quite poor health." This turned out to be a prophetic report as the elder McDonald died the next March at age 63. Back in

Dawson, Welton was unable to return to Dickinson for the funeral (it being a one-month journey), and continued working claims until early October 1901 when he made his way home, staying through February before returning for what proved to be his last trip, staying to the next October after closing out his mine, "realizing a good sum of money" and selling his interests in the Klondike.

It was upon this return that Welton went into partnership with Pomroy, buying his father's old store on Sims before building a new business block for his drug store on Barnes Street in 1905. In 1906 Welton married Nellie Orchard of Fargo who presented him with three children, one of whom died in the Spanish Flu epidemic. In 1908 Welton went into partnership with his brother-in-law W. J. Orchard, the firm styled as 'Welton McDonald & Company'. In 1918 the family moved to Seattle and then San Diego seeking a better climate for Welton's health but returned to Dickinson in 1921.

Welton was very active in Dickinson business affairs, helping organize the Merchants National Bank (serving as VP), the Merchants Loan and Securities Company (president) and helped found the Dickinson Building & Loan association. He was prominent in the local Odd Fellows Lodge and advocated for the building of St. Joseph's Hospital.

Welton's health continued to deteriorate and he passed away on October 11, 1926 at age 57. He is buried in Dickinson Cemetery. ■



Dobson. "The people here hope that all three are successful and will be glad to welcome them back at any time."

McDonald and his companions (the 'Becket Party') worked their claims in the Klondike (close to Dawson) together that first year, near where fellow Dickinsonian George Prentiss was also working. When Prentiss, who'd previously mined in South America, journeyed home to visit in September '97, he reported the Becket Party were doing well and that another hometown fellow, Dave Foote, had "no doubt... made a big haul last winter." Prentiss himself brought treasures home – "a white Siberian Fox skin, seal skin boots, native clothing, the first nugget of gold, etc. ...and an Indian money pouch in

cook and a good miner." A few months later Becket's wife received a letter from Ella Cunningham, who, along with her husband Oliver was in the Juneau area, mentioning that "Welton McDonald is also getting rich fast."

In September of '98 a long article recounted the Alaskan successes of several locals including the Becket Party's on their 'No. 30' claim where they hired two men to work 'clean-up' on the site for 3 ½ months, the trio realizing \$7000 after the workers were paid. The article also noted that during his time in the Far North Welton "is a healthier and heavier man now than when he left (Dickinson)" and that he planned to stay in Alaska at least another year (years later Welton's obituary reported that going to Alaska was suggested by his physician who



## COMMUNITY

# Dickinson Legionnaire of the Year named

By Kris Fehr

American Legion Matthew Brew Post 3 in Dickinson has selected Ed Sticka, Dickinson, as Legionnaire of the Year. Ed Sticka was selected as Legionnaire of the year based on his lengthy service with the Dickinson Post 3 Honor Guard, designing and building the wooden insignia hangers for the Military Service flags currently on display in the Stark County Veterans Pavillion, designing and building the framework for the quilt received from the Quilts of Valor organization, and his past assistance with the Injured Military Wildlife Project. He also spearheaded the design and construction (2 year project) of a veterans memorial at the Sheffield cemetery south of Dickinson, where Ed's brother Dennis Sticka is interred. The project took two years to complete, with Ed organizing and contributing the labor of this worthy project that was completed recently. Previously this small cemetery had no way to honor deceased veterans. Ed served proudly 7 years in the North Dakota National Guard. ■



Ed Sticka, right, recently was presented the Legionnaire of the Year award by Post 3 Commander Alan Fehr.



Ed Sticka designed and put work into a veterans memorial at the Sheffield Cemetery where his brother, Dennis, is interred.

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## COMMUNITY

## Welcome Dr. Arnold to WRHS team

Dr. Arnold recently joined the West River Health Services team to offer Gynecological surgery procedures at the Surgery Center in Hettinger, North Dakota.

Thomas F. Arnold, MD, FACOG, FACS is a board-certified Obstetrician and Gynecologist who presently serves as a Clinical Professor and the Vice Chair of the University of North Dakota School of Medicine and Health Sciences (UNDSMHS) Department of Obstetrics/ Gynecology and OB-GYN Clerkship Director of the UNDSMHS Southwest Campus.

He currently serves as the Secretary/ Treasurer of the Central Association of Obstetrics and Gynecology and is the Chair of the North Dakota Maternal Mortality Committee. Dr. Arnold also chairs the UNDSMHS Advisory Council and is past Chair of District VI of the American College of Obstetricians and Gynecologists. Currently, he is the Medical Director of the Connect Medical Clinic in Dickinson.

Dr. Arnold received his undergraduate degree at Dickinson State University, his medical degree at the University of North Dakota, and finished his residency at Sinai-Samaritan Health Center in Milwaukee, WI.

He has been in practice in southwest



Dr. Thomas Arnold

North Dakota since 1988. He is married to Marie and has 5 adult children and 13 grandchildren. When not working, he enjoys hobby farming, running, and spending time with his family.

Please welcome Dr. Thomas Arnold to the area.


Procedures performed by Dr. Arnold: Diagnostic and operative laparoscopies, hysterectomies, bladder slings for urinary incontinence, dilatation and curettage, hysteroscopy, cesarean section, endometrial ablation, colposcopy, loop electrical excision procedure, and anterior and posterior repair. ■




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## COMMUNITY

## 5th Annual Winterfest

Five years ago, Moe Events LLC established Winterfest – An Indoor Family Fun Event. The goal was to give families and citizens of Stark County and surrounding areas something to do to beat the cold weather.

One highlight of Winterfest are the several classes offered. And now there are more selections than ever before. This year Winterfest classes include a sensory class by Wonderment Therapy, Teddy Bear Class by Music Together Pitter Patter Club, Story Time and Craft by Dickinson Book Corral, “Move with Purpose” A Dance Project by DFY Dance Studio and A Beginners Yoga class by Kayla Sleator Yoga, as well as a few more add ins. All classes mentioned above are sponsored classes and free to the public. Registration is required for some classes. Please refer to our website for class times and registrations ([winterfestnd.com](http://winterfestnd.com)).

In addition to classes, patrons can enjoy shopping from over 30 local vendors and voting and bidding on photography and art pieces. Parents and caregivers can purchase wristbands at the event for only \$2 per child over the age



of 4 for unlimited access to the carnival activities.

Lastly, adults can plan a relaxing night out with friends or a date night and play some rounds of bingo to win gift cards from local businesses. Winterfest has selected Best Friends Mentoring Program to be the recipient of this year's bingo earnings.

Plan to attend January 20th at Prairie Winds Church located across from Dickinson Middle School. The event starts at 9 am and runs into the evening. See page 31 for more information. ■

## COMMUNITY

## Family entertainment at Trinity Mardi Gras

In celebration of the 60th Anniversary of the Trinity Mardi Gras, we are throwing it back to the 1960's! Join us, Saturday, January 27th, at 7pm for the music of the Beach Boys! “Surf's UP” is one of the nation's top Beach Boys tribute bands. Based in southern California, “Surf's Up” has been performing the sounds of the sixties for over 25 years. The group, started by Don Goldberg Sr, along with his sons Donny and Danny, looks to have “fun, fun, fun, 'til your daddy takes the T-Bird away!”

On Sunday, January 28th, we will be showing “The Super Mario Bros. Movie” in our school auditorium. This 2023 animated adventure is based on Nintendo's Super Mario video games. Brothers

Mario and Luigi find themselves being transported to an alternate universe to battle their nemesis Bowser. Show time is 2:00pm.

Tickets for the “Surf's Up” concert or the “Super Mario Bros. Movie” can be purchased online at [www.mardigras24.givesmart.com](http://www.mardigras24.givesmart.com) or can simply be purchased in the box office at the event. Concert tickets are \$20 for Adult General Admission. Students 13-18 years old are \$15. And thanks to a generous sponsor, children 12-under are free! Movie tickets are just \$2 for all ages.

We look forward to seeing you at the 60th Annual Trinity High Mardi Gras! ■



## COMMUNITY

## Open conversations

Initiating open conversations between parents and children is crucial for fostering strong family bonds and promoting emotional well-being. These discussions provide a platform for children to express their thoughts, feelings, and concerns while parents gain valuable insights into their child's world. By creating a welcoming environment, parents can impart values, offer guidance, and nurture a sense of trust that forms the foundation for a healthy parent-child relationship.

Here are a few tips to promote

- Create a safe space for children to have open conversations and ask questions. Approach difficult topics by talking about your own experiences. Remember it's just as hard from them as it is for you and it is ok to revisit certain topics multiple times as you learn more and have time to do research if necessary.



- Make sure you allow your child space to talk and share their feelings. Allow them to direct the conversation and reassure them that their concerns/questions are normal.

- Pay attention to your reactions and body language. It's crucial for your child to know that you will be open and neutral to any questions or concerns that they have. Keep your body language comfortable and avoid aggressive responses and reactions.

Don't forget that it's ok to seek help from a therapist who can help identify difficult subjects and ways to work through them.

Visit <https://www.dakotacac.org/how-to-help-your-child/> to learn more. ■

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**Dickinson**

## WHERE BUSINESS GOES TO GROW

## Let's all take a break!

By Matt Ellerkamp,  
Business Advisor, SBDC



Taking routine breaks in a workday is critical for health and productivity. When a person doesn't take time to pause and rejuvenate it damages their overall wellbeing. In comparison if person intentionally takes breaks in their day the opposite happens, they improve their wellbeing. Let's examine both the positive and negative effects taking a breakeime or not.

**Negative Effects**

The negative results of not taking breaks in a workday cannot be disregarded. When considering a majority of modern occupations now involve sedentary work, the negative side-effects of not taking breaks become multiplied. According to the American Heart Association – Sitting for extend periods significantly increase likelihood of developing a number of health diseases such as heart disease, diabetes, obesity, cancer, muscle/joint issues, and even depression.

Not taking breaks causes brain depletion commonly known as “brain fatigue”. Although neurologists don't know the source of what is being depleted, they do know the effect, and these are typically drop in mood and intellectual performance. (www.stretchminder.app/post/taking-breaks-at-work-the-ultimate-guide)

**Positive Effects**

There are several case studies demonstrating taking breaks lead to better health, job satisfaction, creative thinking, and increased productivity. A new study by the American Cancer Society stated – adding movement to breakeime can double the positive effects. The additional benefits are more energy, stress reduction, stronger bones/muscles, improved mood/memory/focus, decrease in chronic diseases.

**Techniques for Optimum Work to Recovery Schedules**

Taking breaks are a natural part of the human energy cycle known as “Biological Rhythms”. Scholars of neurological function such as David Kaiser, Bob Pozen, Tony Schwartz documented that humans



naturally move from full focus to fatigue every 75-90 minutes. Below are some of their strategies for scheduling breakeimes.

**Once Every Hour** – Take a 5-15-minute break at the top of every hour habitually, this helps front load the 75 to 90-minute fatigue curve.

**75 to 90 Minute Rule** – This rule follows the brains biological rhythms for “full-focus to fatigue cycle” allowing for a pause of 10 to 20-minutes to avoid brain fatigue.

**Pomodoro Technique** – This technique uses a task-list and a 25-minute timer. A person focuses on the completing one task at a time until the timer buzzes, then checks off the completed tasks and takes a 5-minute break. After four sets of pomodoros are completed a 30-minute break is required.

**The 52:17 Method** – This method follows a schedule of 52 minutes of full-focus work and then pauses from working for 17 minutes.

**Getting the Most Out of Breakeime**

Avoid activities during breaks that increase brain fatigue and decrease productivity such as social media scrolling, mindless eating, online browsing, checking emails, bank accounts, etc.

Instead do activities that relax the mind and body such as prayer, meditation, deep breathing, office exercises, stretching, short walks, healthy snacks, visiting with other people and laughing.

**Implementation**

Being intentional about taking breaks takes time but is vital for our wellbeing. Think of physical exercise, if there is no time for rest a person's muscles fatigue and a person may even injure themselves. The same goes for intense use of brain power. The best way to start is to create a plan with routine breaks with predetermined healthy activities.

Funded in part by a cooperative agreement with the SBA. All opinions, conclusions, or recommendations expressed are those of the author and do not necessarily reflect the view of the SBA. ■

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## HEART RIVER VOICE | JANUARY 2024

# Calendar

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VISIT US ONLINE AT [WWW.HEARTRIVERVOICE.COM](http://WWW.HEARTRIVERVOICE.COM)

**ONGOING IN JANUARY**  
**DICKINSON AREA PUBLIC LIBRARY** The library takes a break from programming this month. See their article on page 4 or visit [dickinsonlibrary.org](http://dickinsonlibrary.org) for up-to-date information. Share the love this Valentine season by making cards for seniors. See ad, next page, for details.

**FINAL FINAL**

Your entertainment spot in Dickinson. We are a destination with a memorable experience. M-F Happy Hour 4-6pm. T-Sat Live DJ 9pm. Every Monday, Martini Night 2 for 1 Martinis. Every Tuesday, International Night \$5 Modelos & Margaritas, Bingo at 6pm. Every Wednesday, Ladies Night, Trivia 6pm, \$1 Drinks 9-10pm. Every Thursday, Country Night, Line Dancing 6pm. Every Saturday, Bingo at 6pm. 640 12th St West (Old Army's West)

**JAN 8, 15, 22, 29 & FEB 5, 12, 25 & MARCH 4**

Learn new skills through our introductory class by using a variety of steps and techniques, and a chance to expand new ideas by using different mediums. Materials are provided. \$15/class - sign up for one class or for all! ART-TASTIC | Ages 6-8 | 4:00-5:00pm. ART-MAZING | Ages 9-12 | 5:00-6:00pm Register here><https://dickinsonparks.org/>

activities/art-classes/

**MONDAY JANUARY 1**  
**HAPPY NEW YEAR!**

**BAR BINGO** 1PM 4 Games of 3 on 1 at \$2 / Cards. Game 5 will be 3 on 1 at \$5/Cards for a guaranteed \$1,000. MUST BE 21+ TO ATTEND. The Club will be open from 11am - 6pm New Years Day with a limited food menu. Eagles Club, 35 1st Ave East

**WEDNESDAY JANUARY 10**  
**LIBRARY BOARD MEETING** 4PM Meets the second Wednesday of every month. All are welcome. City Hall

**TUESDAY JANUARY 9**  
**BUSINESS AFTER HOURS** 4-6PM Join us at Benedict Court Assisted Living for an afternoon of networking with business and community leaders. Hors d'oeuvres and refreshments catered by Phat Fish Brewing. Benedict Court, 830 2nd Ave East

**THURSDAY JANUARY 11**  
**START-UP YOUR DAY** 8-9AM Opportunities for current and aspiring entrepreneurs and entrepreneurial resources to network. See ad, page 12, for more info. Stark County Veterans Pavilion.

**SATURDAY JANUARY 13**  
**GRAND REOPENING/NEW LOCATION** Opens at 10AM We are moving to a bigger location! We are so excited to continue to serve the Dickinson community for all your herbal and natural wellness needs! Come check out all the exciting new teas, herbs, natural beauty products, and tea accessories! Oak Tree Herbal Remedies, 120 2nd St West.

**SUNDAY JANUARY 14**  
**DICKINSON MIDGETTES SHOWCASE** 1PM Join us as we celebrate our 2023 - 2024 season! The DHS Midgettes will be performing their Kick, Jazz, & Hip-hop routines. The DMS Midgettes will be performing their kick routine. We also have a few dancers on the high school team that will be performing their solos. This is a free event and open to the public! Dickinson High School

**SATURDAY JANUARY 20**  
**5TH ANNUAL WINTERFEST** 9AM-6PM Come and participate with the whole family! Starting at 9 am come and enjoy vendor shopping, classes, carnival activities, and photography/art contest. Conclude the evening with adult bingo. Carnival Games require an all access wristband. Get your discounted wristband and pick it up at Dickinson Convention and

Visitors Bureau or purchase via venmo. Prairie Winds Church, 2510 21st St West

**SUNDAY JANUARY 21**  
**TCS BOOSTER BREAKFAST** 8AM-12PM Enjoy a delicious breakfast from the St. Anthony Club and support the Trinity Fine Arts Booster Club! We look forward to seeing you there! St. Anthony Club, 27 1st Ave SE

**SCANNING DAY** 1-5PM Please help us preserve more local history! Bring in photos, memorabilia & documents to be safely scanned to add to the museum's digital collection. You'll get a digital copy in return. Call 701-260-1650 for more info or visit [dunncountymuseum.org](http://dunncountymuseum.org). Museum open Sunday afternoons all winter! Dunn County Museum, Dunn Center.

**JANUARY 26-28**  
**60TH ANNUAL MARDI GRAS** Join us for the 60th Annual Trinity Mardi Gras! Enjoy amazing entertainment, auction, bingo, food and friends! See back cover for more info! Trinity High School Campus, 810 Empire Road

**SAVE THE DATE**

**FEBRUARY 8, 9 & 10**  
**MURDER MYSTERY DINNER** See page 18 for ticket information.

**FRIDAY FEBRUARY 16**  
**DICKINSON AREA CONCERT ASSOCIATION PRESENTS CHRIS FUNK, THE WONDERIST**

## COMMUNITY

## Welcome Dr. Gullickson to WRHS team

Dr. Nicole Gullickson recently joined the West River Health Services team to offer Family Medicine with a professional interest in Obstetrics, Women's Health, Pediatrics, and Sports Medicine at Bowman, Hettinger, and Lemmon Clinics. Dr. Gullickson brings a wealth of experience and expertise to our communities.

Originally, from Center, North Dakota, Dr. Gullickson maintains strong ties to her roots, as her family continues to own and operate the farm where she was raised. She earned her undergraduate degree at Jamestown College, followed by her medical degree from the University of North Dakota. Dr. Gullickson completed her residency in 2011 at Siouxland Medical Education Foundation, Inc. in Sioux City, Iowa.

Her professional experiences range from serving at the U.S. Department of Veterans Affairs, Sanford Health, and the University of North Dakota School of Medicine and Health Sciences Family Residency program.

Currently, she actively contributes to the medical community by serving on the Medical School Admissions Committee at the UND School of Medicine and Health Sciences. Additionally, she holds the



Dr. Nicole Gullickson

position of Clinical Assistant Professor for the Department of Family Medicine.

Dr. Gullickson has been in practice in North Dakota since 2011. When she is not working, she likes to play the piano, hike, and spend time in the great outdoors.

We extend a warm welcome to Dr. Nicole Gullickson and are confident that her dedication to healthcare and her diverse skill set will contribute significantly to the well-being of our community. ■



## COMMUNITY

## Alcoholics Anonymous fellowship

## Preamble

Alcoholics Anonymous is a fellowship of men and women who share their experience, strength and hope with each other that they may solve their common problem and help others to recover from alcoholism.

The only requirement for membership is a desire to stop drinking. There are no dues or fees for AA membership; we are self-supporting through our own contributions. AA is not allied with any sect, denomination, politics, organization or institution; does not wish to engage in any controversy, neither endorses nor opposes any causes. Our primary purpose is to stay sober and help other alcoholics to achieve sobriety.

For local meeting schedule, see our website: [www.aanorthdakota.org](http://www.aanorthdakota.org)

All inquiries are confidential. AA Hotline 701.264.7552 ■

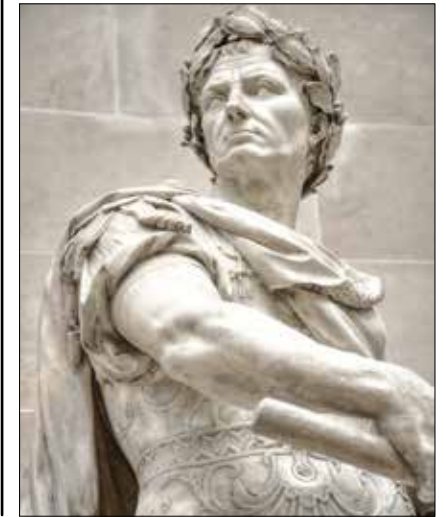
## OR \* I \* GIN

## New Year's Day

How did January 1st become New Year's Day?

The early Roman calendar consisted of 10 months and 304 days, with each new year beginning at the vernal equinox; according to tradition, it was created by Romulus, the founder of Rome, in the eighth century B.C. A later king, Numa Pompilius, is credited with adding the months of Januarius and Februarius. Over the centuries, the calendar fell out of sync with the sun, and in 46 B.C. the emperor Julius Caesar decided to solve the problem by consulting with the most prominent astronomers and mathematicians of his time. He introduced the Julian calendar, which closely resembles the more modern

Gregorian calendar that most countries around the world use today. ■



Dickinson Area Public Library

# My Golden Valentine

January 2nd-February 3rd

## Valentines for Seniors

Help us share the love!

Make your own card, buy an extra one, or just write a note to let them know they are thought of and matter.

Drop your cards off at the library. We will deliver them!

*Make this Valentine's Day special for Senior Citizens in our area.*

Don't have card making supplies?

Stop by one of our card making stations in the library.

**All cards will be delivered to Dickinson area nursing homes & assisted living facilities.**

**Deadline for cards is Saturday, Feb. 3rd**

## COMMUNITY

# BFMP celebrates National Mentoring Month

January is National Mentoring Month, and BFMP is celebrating the annual campaign aimed at expanding quality mentoring opportunities to connect more of our community's young people with caring adults. BFMP is hosting a mentor appreciation banquet in January to celebrate our mentors and recognize the positive difference they make in our community.

Research shows that mentors play a powerful role in providing young people with the tools to make positive choices, attend and engage in school, and reduce or avoid negative behaviors. In turn, these young people are:

- 55% more likely to enroll in college.
- 78% more likely to volunteer regularly in their communities.
- More than twice as likely to hold a leadership position in a club or sports team.

Seventy-four percent of adults who were mentored as youth report that their mentor contributed significantly to their success later in life. Yet, the same research shows that one in three young people in our country will grow up without a mentor.

Mentoring relationships are at their best when connections are made between a caring adult and a young



person who knows that someone is there to help guide them through life choices. National Mentoring Month is the time of year when engagement from community members interested in becoming a mentor is highest. We currently have boys and girls waiting for mentors and we encourage the public to become involved. Our biggest need is for male mentors as there are 15 boys on our waitlist. We encourage you to consider becoming a volunteer. If you aren't able to volunteer, please share the opportunity to be a mentor with your friends, family, neighbors, or coworkers.

To become a mentor or to learn more about the role mentoring plays in our community, visit [www.bestfriendsnd.org](http://www.bestfriendsnd.org) or call us at 701-483-8615. ■

## PAWSITIVELY POPPY

## Dental health

By Miranda Kuhn

After a long holiday season filled with treats, it's more important than ever to look after your pet's dental health. There are several ways to ensure the oral health and hygiene of your best buddy. You might consider a traditional toothbrush and doggy paste, an oral gel that you rub onto your dog's teeth and gums, water additives that aid in oral health and dental treats that aid oral hygiene and prevent tooth decay. It is also worth noting that you should ask your vet to examine your pet's mouth at each annual checkup to be sure there is no decay which requires veterinary attention to remedy. If like Poppy your dog's teeth are in good shape with mild plaque and tartar, toothbrushing and dental treats can go a long way in preventing further issues.

Poppy prefers banana flavored toothpaste with a toothbrush or minty oral gel applied to her gums. Either way, it is best to start slow to get your dog used to your fingers or a toothbrush in their mouth. Allow them to taste the toothpaste or gel first, and offer a treat in order to form a positive association. Whenever you perform oral cares, provide plenty of praise and positive feedback for your pooch and before long they will look forward to the nightly ritual!

When selecting dental treats, be sure they are approved by the Veterinary Oral Health Council (VOHC) to be sure they are proven to be effective at preventing decay and aiding in reduction of tartar and plaque buildup. Poppy's favorite dental treats include Greenies and Whimzees treats. A full table of approved products can be found at [www.vohc.org/VOHCAcceptedProductsTable\\_Dogs.pdf](http://www.vohc.org/VOHCAcceptedProductsTable_Dogs.pdf) ■



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## Ask Alfie

Dear Readers,

This winter, I ask you to remember the phrase “knock-knock for cats.” No, this isn’t a joke about “who’s there”, but rather an important precaution.

I was rescued in 2017 after being found with wounds to my face and eyes. Unfortunately, I’m not able to tell my mom exactly what happened, but the veterinary professionals who operated on me and removed one of my eyes suspected I might have been the victim of an auto fan belt injury.

This tragic but all-too-common occurrence happens when cats climb into the engine compartment of a vehicle, drawn by the warmth of a recently-run engine. When the driver later comes back and gets into the car, a cat’s instinct will often tell them to freeze and be still, so that they go unnoticed. This sadly results in the potential for injury or death to the cat



when the engine is started. If they are not injured by a moving part, they may inadvertently end up traveling along with the vehicle. If the cat then falls out of the engine compartment mid-journey, they will likely be killed.

If they manage not to fall out, when the vehicle stops they are now in an unfamiliar and likely unsafe location, many miles from home.

For the duration of the winter, I ask you to get into the habit of knocking or banging on your hood, before you drive away, especially if you are in an area where you know there are cats or kittens in the vicinity. Many people also find it useful to blow their horn and then pause for a few moments, allowing any cats who are inside to have time to crawl back out.

This much-appreciated, simple precaution could save lives.  
Sincerely, Alfie ■

*Have a question for Alfie? Email [askalfiecat@gmail.com](mailto:askalfiecat@gmail.com)*

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**Cold weather is here. Alfie reminds you to knock on your hood before starting your engine!**

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- Dickinson Museum Center
- Chamber of Commerce
- Consolidated
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- Heritage Hills
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- Players Sports Bar & Grill
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- Dickinson City Hall
- Holiday Inn Express &  
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- TownPlace Suites
- Microtel Inn & Suites
- AmericInn

- Frankie's West Side Shell
- Villard Cenex
- West River  
Community Center
- Edgewood Hawks Point
- The Hub
- Fluffy Fields
- Ukrainian Cultural Institute

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**RICHARDTON**

- Suzy's Stash
- The Country Drug Store  
Pharmacy

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- Bassackward Studios

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- Trappers Kettle

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## CONVENTION AND VISITORS BUREAU

## A winter odyssey: Hiking the North Dakota Badland Trails in January

The North Dakota Badlands, renowned for their rugged beauty and serene landscapes, transform into a winter wonderland in January, enticing adventurers seeking a unique and challenging hiking experience.

As you set foot on the trails, the crunch of snow beneath each step resonates through the stillness of the winter morning. The surreal beauty of snow-covered buttes and canyons creates a beautiful contrast against the crisp blue sky.

The absence of foliage reveals the intricate geological formations, each layer telling a tale of millions of years.

While the temperatures may be cool, prepare yourself with layers of insulated

clothing, sturdy boots, embrace the challenges that winter hiking presents. The silence of the Badlands is only broken by the occasional movement of the wind, passing through the cedar trees and the washouts of rugged terrain.

The trails leave subtle imprints of animal tracks in the snow—a testament to the ability of the bison, wild horses, coyotes, and more to adapt to the harsh winter conditions.

Setting out on the trails, panoramic views unfold, sometimes layers of black coal and limestone with occasional mixes of red scoria. It can seem like the layers are strategically placed one upon another, making it look like a painting in nature's



gallery. The sun casts long shadows over the snow-covered landscape, creating a magical interplay of light and shadow. In the solitude of the winter Badlands, a deep connection with nature is forged, offering moments of introspection and a sense of being part of something greater.

But where do you find such trails?

There are many resources available to assist you. The Theodore Roosevelt National Park, the US Forest Service/Dakota Prairie Grasslands, the Maah Daah Hey Trail, or go to [VisitDickinson.com/outdoors](http://VisitDickinson.com/outdoors) where we have a listing under hiking biking. ■



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WHERE BUSINESS GOES TO GROW

## COMMUNITY

# SW ND nonprofits getting ready for Giving Hearts Day

By Ted Uecker, WRHS Foundation

Fifteen area nonprofit organizations in southwest North Dakota are getting ready for their Annual “Giving Hearts Day” fundraising efforts. Giving Hearts Day is a 24-hour online fundraiser for over 575 nonprofits in North Dakota and Western Minnesota. All the excitement takes place the second Thursday of February – this year it happens on Thursday, February 8th!

Giving Hearts Day began in 2008, when the Dakota Medical Foundation and Alex Stern Family Foundation saw a need to foster educational growth for nonprofit organizations in our area. The Impact Foundation was then formed to help nonprofit organizations promote their campaigns online, network with other nonprofits and attend regular coaching sessions by trained fundraising professionals. Historically, Giving Hearts Day has raised over \$164 Million the last sixteen years! Last year was the best so far, with 41,907 donors helping nonprofits raise \$26.1 Million!

Fifteen area nonprofits are Members of the Impact Foundation and have banded together to share the good news about “Giving Hearts Day” and the good work that each contributes toward their mission. The fifteen area nonprofits in the Southwest North Dakota Giving Hearts Consortium include the following groups:

**West River Health Services Foundation** provides fundraising and development services for West River Health Services and Western Horizons Living Centers as they provide comprehensive health and wellness for citizens and visitors in Hettinger, Mott, New England, Bowman, Scranton and Lemmon, SD. This year for their Giving Hearts Day, you decide where your \$10+ gifts go: Ambulance, Grateful Givers Club, Physician Recruitment Endowment, Healthcare Heroes Endowment, Western Horizons Living Centers, Surgery Center and more. So far, \$130,000 has been raised in matching funds. Now to “match the match!” Onward!

**Enchanted Highway Foundation** has been formed to sustain the Enchanted Highway’s World’s Largest Metal Sculptures for future generations to

experience. This 32-mile stretch of enchanted highway in southwest ND, between Regent and I-94, is home to eight amazing metal sculptures – geese, fish, deer, pheasants, a grasshopper, Teddy Roosevelt, a Tin Family and now, the new 105-foot long “Dragon” and 50-foot high “Knight.” Giving Hearts Day gifts can go to their Endowment or Non-Endowment Funds.

**Home On The Range** is an operating and therapeutic ranch for abused and neglected teenage boys and girls in Southwest ND. They use their natural resources of the land, buildings and animals in their programming to give hope and healing to children. The donations from Giving Hearts Day this go round will ensure children receive the care, guidance and programming they need to be healthy and successful.

**Camp ReCreation** is a summer camp dedicated to serving people with intellectual and developmental disabilities. Located in Richardton, this life-changing experience instills endless quality values in those who participate and volunteer. Giving Hearts Day gifts will help Camp ReCreation touch hearts through fun-filled weeks of learning, loving and living.

**Badlands Ministries** is a Christian camp and retreat center operating in the Badlands of ND since 1928. In addition to providing summer camp programs and year-round retreats for over 2,000 youth and adults, they also host over 2,400 guests for family reunions, weddings and ministry retreats. No child is ever turned away from camp for financial reasons. A donation on Giving Hearts Day is a gift of camp to an area youth when they need it most, many times changing lives.

**Benedictine Living Community-Dickinson** is a faith-based ministry of senior living caring located in Dickinson. Their skilled nursing and rehabilitation services are nationally recognized and 5-Star Rated. This Giving Hearts Day their goal is to raise \$118,000 to purchase a handicap-accessible AWD passenger van. Your support is a lifeline for the seniors who call Benedictine Dickinson home.

**Best Friends Mentoring Program** is a nonprofit mentoring program under the supervision of the Western Wellness Foundation. They serve area youth (ages



6-16) who would most benefit from an additional source of guidance. Each mentor is a role model who dedicates one hour each week to offer consistent guidance, friendship and encouragement. Giving Hearts Day gifts help continue offering these services at no cost to the families receiving services.

**Assumption Abbey** is a community of Benedictine Monks in western ND. Their community goal is to provide a place of refuge, serenity, hope and peace through their life of prayer, work and conversion. Giving Hearts Day donations will be utilized for furnishing a chapel at one of their schools in Bogota, Columbia.

**Jacobson Memorial Hospital Foundation** supports Jacobson Memorial Hospital, Care Center and its clinics in Elgin, Glen Ullin and Richardton in their vital, lifesaving mission. “Wishes for 2024” from Giving Hearts Day will assist in raising funds for Jacobson Memorial Hospital in Elgin – including new hospital beds, recliners, a new bathing system and ambulance equipment.

**Chasing Horses Wild Horse Advocates (CHWHA)** has been leading the fight to save the wild horses of Theodore Roosevelt National Park. They work daily with North Dakota’s state and federal legislators. The law firm of Eubanks and Associates has been retained to make sure the horses remain wild and free in the Park.

**Heartview Foundation**, a private nonprofit alcohol and drug treatment and education organization, operates in Dickinson, Cando and Bismarck. Since 1964, Heartview has been a beacon of hope for over 30,000 patients from the USA and Canada. The 16-bed residential facility in Dickinson opened its doors in July, 2023. In 2024, Heartview is dedicated to further expanding their Dickinson facility to offer vital outpatient services.

**Dakota Children’s Advocacy Center** believes that the best interests of the child victim should be protected as a case proceeds through the investigation and prosecution stages and beyond. Their

mission is to provide a safe, family-friendly environment that promotes hope, health and healing to traumatized children and their families.

**House of Manna** was started in 1989 in Dickinson by Jean Stall after a family lost their home to fire. Jean collected essential items and gave them to the family. The mission that began in Jean’s basement, now serves 800 people a week with essential household items, clothing and food. They serve all judgement free without proof of income.

**CHI Health at Home-Hospice** are devoted to providing client-centered care within their home setting. They offer skilled services such as Registered Nurses, Therapy, CNA, Social Work and Chaplain Care. Hospice is a special way of caring for people who are seriously ill with the emphasis on comfort care and symptom control rather than curative treatment. CHI Health at Home relies on community support to continue the programs that have such an impact for clients and families.

**Sunrise Foundation** has been based out of Bowman, ND since 1984. They provide financial assistance and support to all aspects of healthcare in their service area (Bowman, Slope, Harding and western Adams Counties). Their Giving Hearts Day gifts will be used for assisting all areas of their community healthcare system, including facilities, loan repayments and healthcare scholarships.

All of these nonprofit organizations in southwestern ND are trying to help their communities in their own unique ways. We hope you will consider a gift of \$10 or more to one or more of these nonprofits on Giving Hearts Day. Just go to [givingheartsday.org](http://givingheartsday.org) and search for the organization(s) you’d like to support. If you’d like to “schedule a gift” ahead of Giving Hearts Day, you can go to the same website and select “Schedule a Gift” between January 2nd and February 8th. Of course, you can always give any time, to any nonprofit organization. We are all grateful. ■

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### COOKING CRAVE

## Cheeseburger Soup

Tune into Consolidated's channel 18 to cook along with Laverne and Rhonda. You can watch their show Tuesday evenings at 6pm and 9pm or Wednesday afternoons at 2pm or 5pm (replay of Tuesday's show). New shows air every other week.

Share your recipes to be considered for the show by sending to: Consolidated, Attn - Rhonda Fitterer, PO Box 1408, Dickinson ND 58602 ■



Laverne and Rhonda

## Homemade Recipes Made Easy!

### Cheeseburger Soup

1/2 lb. ground beef  
4 Tbsp. butter (divided)  
3/4 cup chopped onion  
3/4 cup shredded carrots  
3/4 cup chopped celery  
1 tsp. dried basil  
2 cans chicken broth (14.5 oz)  
4 cups peeled & diced potatoes (about 3 medium)  
1/4 cup flour  
2 cups (8 oz.) Velveeta cheese - cubed  
1 can evaporated milk (12 oz)  
3/4 tsp. salt  
1/4 - 1/2 tsp. ground black pepper

Cook ground beef in large saucepan over medium heat until brown, drain. Melt 1 tablespoon butter in same saucepan over medium heat. Add onion, carrots, celery and basil; cook, stirring occasionally, about 10 minutes or until tender.

Add broth, potatoes, and cooked beef; bring to a boil. Reduce heat to low, cover. Cook, stirring occasionally, 10 to 12 minutes or until potatoes are tender.

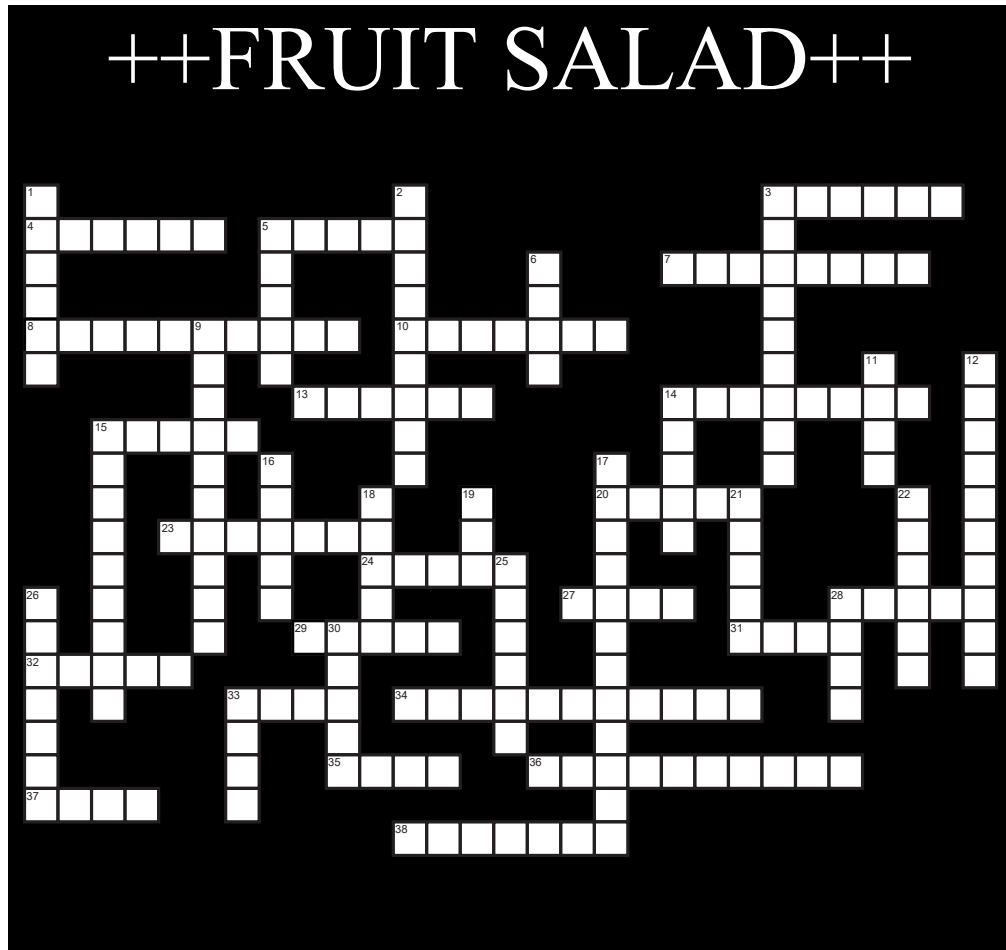
Melt remaining butter in small saucepan over medium heat. Add flour; cook, stirring constantly, 3 to 5 minutes or until bubbly. Add to soup; bring to boil. Cook, stirring occasionally, 2 minutes. Reduce heat to low; add cheese, milk, salt and pepper. Stir until cheese is melted.

Country Rose  
Cafe

CONSOLIDATED  
CHANNEL 18

COOKING  
CRAVE

**CROSSWORD** **FRUIT SALAD** by Carlinka



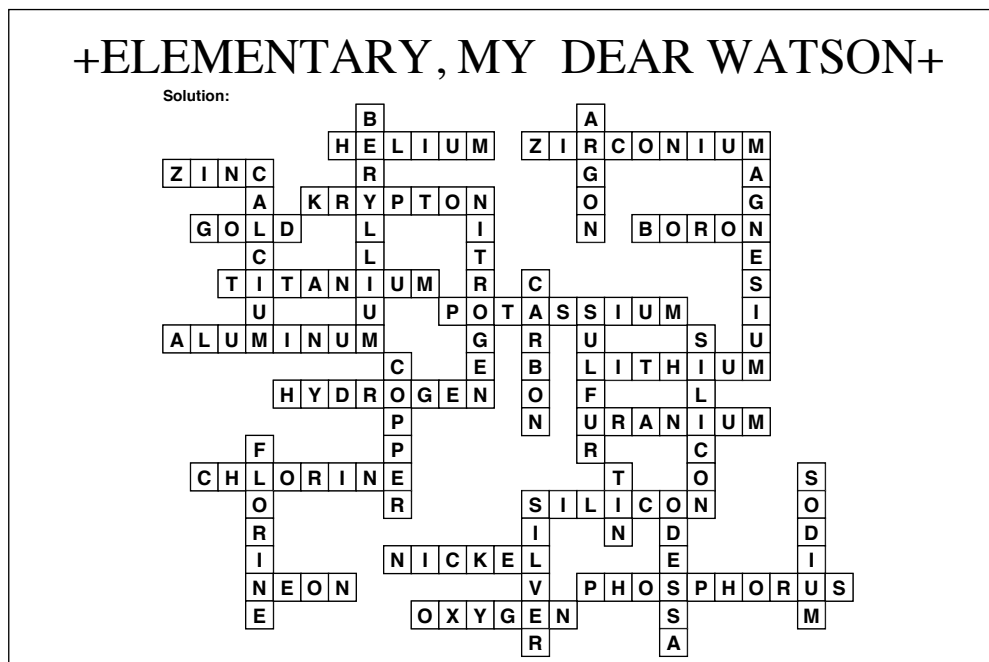
**ACROSS**

- 3 +Curious George's favorite
- 4 +World's smelliest fruit
- 5 Seaweed-wrapped roll
- 7 +Great for tired eyes
- 8 +Shortcake's mate
- 10 +Guacamole green
- 13 +Can be jelly or wine
- 14 +Can be Jubileed
- 15 +Georgia's fruit
- 20 +An \_\_\_ a day...
- 23 +Famous green pie
- 24 +Has a hairy, large pit
- 27 +Round and fuzzy
- 28 Precedes code or colony
- 29 Less bright, as the moon
- 31 Missing from military base
- 32 Modern storage spot for data
- 33 Crumbly cheese
- 34 +Didn't appear in Game of Thrones
- 35 Coin with F.D.R.'s image
- 36 +A mixture of all answers
- 37 Voicemail prompt
- 38 +A minuscule orange

**DOWN**

- 1 Port city in Ukraine
- 2 +I think it's good on pizza
- 3 +Marble like in shape
- 5 Frodo and Bilbo's home
- 6 +Represents a body type
- 9 +Can stain your fingers
- 11 Conjugated word
- 12 +Red summer quencher
- 14 Thin French pancake
- 15 +Fuyu or Hachiya
- 16 Green energy type
- 17 +Sounds sensuous
- 18 +Meyer, Eureka's or Lisbons
- 19 +Base for a Newton
- 21 Crowd scene actor
- 22 +Made into a thick jelly
- 25 +Peeled or squeezed
- 26 +Mounds middle
- 28 +Little Jack Horner's booty
- 30 Grammy or Oscar
- 33 Aluminum sheet

LAST MONTH'S PUZZLE SOLUTION



## #UPBEAT

# It's time to strengthen your immune system

We are thick in the season of infections. It seems there is a brewing storm of colds, flu, Covid, RSV and other viruses, swirling around us. We know the basic actions to keep ourselves healthy like washing hands, wearing masks, getting vaccinated and staying home when we're sick. Yet there are many things we can do to strengthen our immune system and keep us healthy for the long run.

How you nourish and stimulate your body and mind play a huge role in the health and quality of your life. Here are several ways you can keep your immune system healthy and strong. The more of them you do, the better off you will be.

**Eat healthy.** Choose a plant-based diet, rich in vegetables & fruits, wholesome grains, healthy fats, and lean proteins.

**Stay hydrated.** Water is necessary for every single function of every single cell in your body. A good guideline is to drink at least 64 ounces of water throughout the day.

**Be active.** A sedentary lifestyle is one of the biggest risk factors for disease. Move your body with 30 minutes of aerobic activity a day and strength/balance training 3-4 times a week.

**Get restful sleep.** Sleep is the necessary downtime required for the restoration and repair of your mind and body. The amount of sleep one needs varies, but on



average 6 to 8 hours, with 4-6 cycles of REM sleep (deepest sleep) is ideal.

**Keep positive.** Emotional well-being is a key factor in one's overall health and quality of life. Stay in touch with what gives your life meaning and keep a positive frame of mind regardless of your external circumstances.

**Don't smoke.** If you do, choose to break this habit in 2024.

*Editor's note: Do you have a passion for writing, sharing your stories, and inspiring or motivating others? If so, we'd love to hear from you! Heart River Voice is a platform for creativity, and we're looking for talented individuals to contribute articles that can uplift and inspire. If you have a story to tell or words of wisdom to share, please send us your articles (500 words or less). Together, we can make a positive impact on our community!*

*Send articles in a cut-and-paste form (Word, Pages, body of email, etc. No PDFs please) to: [editor@heartrivervoice.com](mailto:editor@heartrivervoice.com) ■*



## GOING POSTAL

## Thinking of you

Start the new year off by showing someone you're thinking of them and send a hand-written letter.

The new Thinking of You stamps feature five unique designs filled with a variety of whimsical images, including balloons, flowers, cute animals, sweet treats and symbols of good luck. Capturing the excitement and delight of receiving a card or letter in the mail meant just for you.

Customers may purchase the stamps at their local post office or online at [usps.com/shopstamps](https://usps.com/shopstamps). ■



1st Attendees Win Swag Bags

5th Annual

# Winterfest

Sat 1/20/24 2510 21st St. West Prairie Winds Church

9:00 am-4:00 pm  
Carnival Games/Food/Art/Photography Contest/Silent Auction/Shop Local Vendors

<p>9:00 am - Sensory Class By Wonderment Therapy</p> <p>10:00 am - Teddy Bear Party By Music Together (Pitter Patter Club).</p> <p>11:00 am- Younger Kids (7 and under) Story and Craft Time with Dickinson Book</p> <p>12:00 pm Older Kids (7 to 12 yrs. old) -Story and Craft Time -Dickinson Book Corral</p>	<p>11:30 am "Move with Purpose" Dfy Dance Project</p> <p>12:45 pm Begginers Yoga with Kayla Sleator Yoga</p> <p>4:30 pm - Adult Bingo.</p>
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ALL Classes Require Pre- Registration Go to: CLASSES | [Winterfest\(winterfestnd.com\)](http://Winterfest(winterfestnd.com))

## Thank You!

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Contact Info:  
Moe Events LLC  
701-495-4480  
[moeevents@gmail.com](mailto:moeevents@gmail.com)

Visit

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Individual \$1 ea

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Ages 3 and under FREE

Group Rate for 6 + people Pick Up at Dickinson Convention and Visitors Bureau

# TRINITY Mardi gras!

60TH ANNUAL

JANUARY  
26.27.28  
2024



## BUY A RAFFLE TICKET!

### GRAND PRIZE: 2024 TOYOTA COROLLA

1ST PRIZE:	Traeger Pellet Grill.....	Baranko Bros, Inc.
2ND PRIZE:	\$1,500 Cash.....	Precision Machine & Welding, Inc.
3RD PRIZE:	Blackstone Grill, Yeti Cooler and 2 Yeti Cups.....	Runnings
4TH PRIZE:	\$750 Mobil Gas Card.....	West Dakota Oil
5TH PRIZE:	Hair Services + Drink Option for a Year.....	DePorres House of Barbering & Lounge
6TH PRIZE:	\$500 Cash.....	Razor Edge Landscaping LLC
7TH PRIZE:	\$300 towards service(s).....	Consolidated Telcom
8TH PRIZE:	\$300 Cash.....	Advanced Collision Center
9TH PRIZE:	Wall Clock.....	Kovash Furniture
10TH PRIZE:	\$200 Gift Card.....	Brickhouse Grille
11TH PRIZE:	\$200 Cash.....	Anonymous
12TH PRIZE:	WeatherTech® Floor Mats.....	Heiser Motors
13TH PRIZE:	Wreath.....	Simnioniw Family Chiropractic
14TH PRIZE:	\$75 Cash.....	Kuntz RV
15TH PRIZE:	Gift Basket.....	Backyard Play Cafe



## LISTEN TO MUSIC!

"Surf's Up" A Beach Boys Tribute Band  
SATURDAY, JANUARY 27

in the Trinity Auditorium

Doors open at 6:15PM | Concert starts 7PM

ADULT GENERAL ADMISSION: \$20 / AGES 13-18: \$15  
12 AND UNDER: FREE ADMISSION Thanks to a generous donor!  
Tickets can be purchased at [Mardigras24.givesmart.com](https://Mardigras24.givesmart.com) or at the event.



## BID ON AUCTION ITEMS!

To participate, visit  
[Mardigras24.givesmart.com](https://Mardigras24.givesmart.com)



## WATCH A MOVIE!

Attend a movie at THS Auditorium for \$2.  
LIMITED SEATING! SUNDAY ONLY!

The Super Mario Brothers showing Sunday, January 28th at 2pm



## PLAY BINGO!

FRIDAY / 5:30-10:15pm (Hourly) \$100, 9:50 - \$100, 10:00 - \$200, 10:15 - \$500

SATURDAY / 3:30-10:15pm (Hourly) \$100, 9:50 - \$100, 10:00 - \$200, 10:15 - \$500

SUNDAY / 12:30-7:40pm (Hourly) \$100, 6:50 - \$200, 7:00 - \$750, 7:15 - \$1,000, 7:40 - \$1,000



## PLAY THE MIDWAY!

FRIDAY / 5pm - 10pm SATURDAY / 3pm - 10pm SUNDAY / 12pm - 6:30pm



## ENJOY A MEAL!

All Meals \$15. Meal tickets purchased at box office.

**FRIDAY 4:30-7:30pm**  
Deep-Fried Alaskan Pollock, sausage w/sauerkraut & dumplings, green beans, coleslaw, dinner roll, pickle spears, pistachio salad, and dessert.

**SATURDAY 4:30-7:30pm**  
Barbecue Pork Shank, Pigs in the Blanket, cheesy hashbrowns, pasta slaw, fudge stripe cookie salad, dinner roll, and dessert.

**SUNDAY 11:00am-4:00pm**  
Deep fried turkey, beef roast, mashed potatoes with gravy, cherry fluff salad, corn, coleslaw, dinner roll and dessert will be a simple sweet baked good.

TO PURCHASE  
RAFFLE TICKETS  
AND PARTICIPATE,  
VISIT:

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